

# Key West Southernmost Runners

[www.Southernmostrunners.com](http://www.Southernmostrunners.com)



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January, 2015

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RRCA S Florida State Rep.  
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KWSR workouts

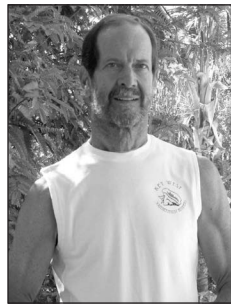
Lower Keys Long Run,  
3-10+ Miles  
Big Pine Key Sundays 7:00 AM  
Call; 305-304-0091  
don.n@juno.com

Key West Track Wed. 6:00 PM  
Call; 305-304-0091  
don.n@juno.com

Key West Group Runs, 3-8 miles  
All Week 5-7:00 AM  
Different Locations  
Contact: dr.dedraling@gmail.com

Upper Keys Runners Islamorada  
Monday & Thursday  
6 Miler 6:30 AM  
Wednesday Form at the Track  
6:00 AM

Saturday Long run, 6:00 AM  
Call: bill O'Brien 305-853-9353  
keysCapt@bellsouth.net



**KWSR-SFRF May 2015**

## Key West Southernmost Runners

The racing season is winding down. Weather is warming up and snowbirds are headed home. We finish up a very full April with a couple Keys Classic Runs and our May 6 membership Social with Board of director's nominations for our officers. Mary Ann and I will be returning home from the RRCA Convention in Des Moines Iowa, with a report on running clubs in the rest of the country.

We are looking for some interested members to take on the roles needed to continue the KWSR events and help to promote running in our community. Let us know if you would like to join the board. Meetings are once a month on the first Wed, and with a supportive crew, we can spread the responsibilities to maintain our great schedule of events. If you have been running our races, please consider joining our Board or Race management crew.

**Remember Volunteers are needed for every race, KWSR needs the support of it members to make our races happen. Call Don: 305-304-0091**



Volunteers

## WHAT'S HAPPENING

### KWSR Winter Grand Prix Concluded with the Sombrero 10K

#### Winners are:

Male  
James Kidney: 12, Keith Durden: 8, Andrew Smith: 6  
Female  
Nicole Matysik: 10, Priscilla Welzien: 9, Adriana Garcia: 9  
Volunteers  
Mark Bell: 25, Taz Davis: 22, Dennis Gormley: 10

### KWSR Summer Grand Prix starts with

April: Smokin' Tuna 5K  
Duval Street Mile  
May: Southernmost Seminoles Renegade Run 5K  
June: None  
July: Rotary Crime Stoppers 5K  
August: Conch Cross Country Classic 5K

### \* April 18, 7:30 AM 7 Mile Bridge Run, Marathon, FL

Hopefully if you wanted to run you got online early enough to sign up for the Online entry only Keys classic event, put on by the Marathon Running club to support the Kids programs in the Keys. Send me a race report to share with our members.

### April 23, Thursday 7:00 PM. Duval Street Mile, Key West,

Another great race that was a success last year and will be even better this year, all in support of our Key West High School Running teams. Info on the website or Call 305-304-1019. This will be a fast race come out and volunteer and see the speedsters.

### April 25, 8:00 AM. 4th Annual, The Basilica School of St. Mary Star of the Sea, Mariner's March 5K Run/Walk and Children's Fun Run, Key West.

Once again we will be running down town from The Basilica School of St. Mary Star of the Sea. Come enjoy the family fun, at this great event running through the neighborhoods to the Beach and back. Theme Runs Timing and medals for first 300 finishers.

### May 6, 6:30 PM KWSR Social at Thai Island Restaurant

Come join us and learn more about our Grand Prix, Awards to Winter GP winners will be given out. Board of Directors meeting at 5:30, Join us if you want to help with club and race organization. Thai Island is located at 711 Palm Ave, Key West.

### May 16-17, KEYS100 & 50 and new 50K Ultra and Relay

Key Largo to Key West. KWSR will be at the finish line from Saturday afternoon until Sunday Afternoon Greeting the runners

and teams as they finish. This is not an easy task and volunteers are needed, Susan is making a list of volunteers and times from 2 PM on Saturday to 2 PM on Sunday. Give her a call to lock in your times. Susan Kochan silkochan@bellsouth.net or 305-304-0746 texts are welcome.

**May 23, 7:30 PM Southernmost Seminoles 5K Renegade Run**  
6th Year of this event and it will be better then ever, come join us at Higgs Beach for a evening run along the beaches of Key West. This year Registration and Pre-Registration Package Pickup: May 22nd, from 5:00-7:00 pm will be at the Bottlecap Key West with a great silent auction. Or sign up Race day 6:00 pm @ White St. Pier.

Other Keys Events, look for info on our website.  
**Call 305-745-3027 to volunteer!**

See our website for information on all upcoming events. [www.southernmostrunners.com](http://www.southernmostrunners.com)

## WHAT HAPPENED

### March 14, 8:00 AM 6TH Annual Menendez Miler 5K, Key West,

KWSR with Sunset Rotary hosted the 11th Annual Menendez Miler on Saturday, March 14th. The event had a good turnout, over 90 Runners and walkers with weather that was beautiful for a morning run. The Menendez Miler benefits a local student who exemplifies the motto, "Conch Pride, Don't Leave home with out it, founded by Bobby Menendez.

Key West runner, Keith Durden, was the 5K Run overall top finisher with a time of 16:30, and the top female award went to Nicole Matysik, running a great time of 20:01.

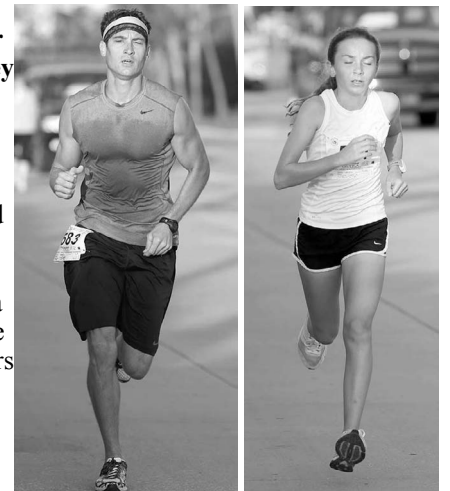
Just seconds behind overall winner was, Male Masters Runners (over 40) Steven Mogck from Westchester, PA, with a time of 16:32, while the Female Masters title went to Ruth Cogswell, from Arlington Heights, IL with a time of 24:15.

Overall walkers were lead buy, William Bond, from Key West, for the males, 40:03, and Raquel Robbins, also from Key West, for the Females, 40:32.

Refreshments, Awards and numerous Raffle prizes, were given out by the Sunset Rotary, at Higgs Beach, near Salute', after the race with few going home empty handed. A special thank you to the Menendez Family for their support each year.

### March 21, Run with Deer 5K, Run/Walk for F.A.V.O.R. Big Pine Key

Overall Winner was Timothy Chavez, from Munster IN, Running a 19 minute and 21 second 5K and followed by overall Female winner, Big Pine Runner, Helena Bursa running the course in 19:59. Masters winners were Big Pine runner Vincent Parent, 20:46 and Female Masters runner Deborah Holton from Howe Island, ONT. Running the course in 23:56.



Keith Durden Nicole Matysik

Walkers were lead all the way by Summerland Walker, Larry Ferguson, 30:59 and Barbara Wendt, 39:09 from La Grange, IL. Took home the women's Walker winners award.

Younger runners did well with Matthew Pinkley, from Ramrod Key, finishing 3rd overall and winning the 10-14 year age group in 20:23. Ben Pinkley finished 2nd in the Age group in 24:48.

In the 9 and under Females young Riley McDonald, from Big Pine Key took home the first place win in 30:17, and runner up was Big Pine Runner, Summer Livegood, running a 45:30.

Over 120 runners came out for this first time event run from the Winn Dixie Shopping Center, Key Deer Bookstore, operated by FAVOR - Friends And Volunteers Of Refugees, on a new course through the Habitats of the Key Dear and Key's Marsh Rabbits. Proceeds all go to FAVOR - who provided volunteers and great post race refreshments, Awards and raffle prizes.

FAVOR non profit organization whose mission is to support the National Wildlife Refuges of the Florida Keys through education, non adversarial advocacy, volunteerism and fundraising. FAVOR, cleans up thousands of pounds of trash out of our environment, cleaning out fishing line, plastic bags, empty bottles and anything